

Grow Healthy New Jersey Provides Mini-Grants to Nine New Jersey Schools

Grow Healthy New Jersey, a Team Nutrition grant funded by USDA, to the New Jersey Department of Agriculture and to the Department of Family and Community Health Sciences (FCHS), Rutgers Cooperative Extension will provide \$7,500 mini-grants to nine New Jersey elementary schools. The goals of the project are to provide fun and interactive garden enhanced nutrition education and physical activity for children, teachers, parents and other caregivers, as well as provide schools with technical assistance to create and maintain a healthier school environment. Schools will also get assistance to as well as to implement their wellness policies that address competitive foods, nutrition education, physical education, and physical activity.

The project will enable FCHS to work with nine pilot schools, each of which will be required to plant a garden, and to promote fruit and vegetable consumption through fun, interactive lessons and activities. These activities will link classroom education to the foods served in the cafeteria, and will include food tastings, promotion of locally grown produce in school meals, and strategies to engage families and the community.

The nine schools are:

Ethel McKnight Elementary School, Mercer County, Francis A. Desmares Elementary School, Hunterdon County, Chesterfield Township Elementary School, Burlington County, Mount Prospect Elementary School, Somerset County, Queen City Academy Charter School, Union County, Knowlton Township Elementary School, Warren County, Aura School, Gloucester County, Uptown School Complex, Atlantic County, Cape May Elementary School, Cape May County

The goals and strategies of the Grow Healthy Initiative are in line with the School Wellness Strategies of Shaping NJ.

For more information about Rutgers Family and Community Health Sciences, visit the website at <http://njaes.rutgers.edu/fchs>, or contact Dr. Kathleen T. Morgan, Chair, Family and Community Health Sciences, 732-932-5000, 604.

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